

What is claimed:

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1) A nutritionally balanced, traditional snack food having a water activity of less than 0.90; and comprising, on a 100 kcal reference serving basis:

- a.) at least 5 grams of an amino acid source;
 b.) less than 3 grams of a digestible fat; and
 10 c.) a carbohydrate that provides the balance of the total caloric value of said food and at least about 2.5 grams of dietary fiber.

2) The traditional snack food of Claim 1 having a water activity of less than 0.85 and comprising an adjunct ingredient.

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3.) The traditional snack food of Claim 1 comprising, on a 100 kcal reference serving basis:

- a.) from 5 grams to 13 grams of an amino acid source; and
 b.) from about 2.5 grams to about 5.0 grams of dietary fiber.

20 4.) The traditional snack food of Claim 1 wherein said amino acid and fiber sources are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoise for a 10% solution at 25°C, insoluble fiber having a particle size of less than 150 microns and a water absorption of less than 7.0 grams per gram of fiber, and mixtures thereof.

25 5.) The traditional snack food of Claim 1 having an amino acid score from 0.60 to 1.00.

6.) The traditional snack food of Claim 1 comprising less than 2 grams of digestible saturated fat.

7.) The traditional snack food of Claim 6 comprising less than 2/3 of a gram of digestible saturated
 30 fat.

8.) The traditional snack food of Claim 1 comprising a material selected from the group consisting of non-digestible lipids, partially digestible lipids and mixtures thereof.

35 9.) The traditional snack food of Claim 1 wherein said food is a filled cracker, spread, snack crisp, brownie or potato crisp.

- 10.) The traditional snack food of Claim 1 comprising a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.
- 5 11.) The traditional snack food of Claim 1 comprising fluoride; sodium; potassium; and, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin, riboflavin, niacin, vitamin B₆, folate, vitamin B₁₂, biotin, and pantothenic acid and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, chromium, molybdenum, and chloride.
- 10 12.) A mix system for producing the nutritionally balanced, traditional snack food of Claim 1 said mix system comprising a mix that comprises:
- a.) at least about 18.0% amino acid source;
 - b.) no more than about 5.0% digestible fat; and
 - 15 c.) a carbohydrate that provides at least about 8.7% dietary fiber.
- 13.) The mix system of Claim 12 wherein said amino acid and fiber sources of said mix are at least 75% active; and said fiber is selected from the group consisting of soluble fiber having a viscosity of from 1 to 2 centipoise for a 10% solution at 25°C, insoluble fiber having a particle size of less than 150 microns
- 20 and a water absorption of less than 7.0 grams per gram of fiber, and mixtures thereof.
- 14.) The mix system of Claim 12 wherein said mix comprises no more than about 5.0% digestible saturated fat.
- 25 15.) The mix system of Claim 14 wherein said mix comprises no more than about 0.9% digestible saturated fat.
- 16.) The mix system of Claim 12 wherein said mix comprises a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof.
- 30 17.) The mix system of Claim 12 wherein said mix comprises a material selected from the group consisting of arabinogalactan fiber, beta-glucan soluble fiber, and mixtures thereof.
- 18.) The mix system of Claim 12 wherein said mix comprises fluoride; sodium; potassium; and a
- 35 sufficient amount of vitamins and minerals to provide the finished traditional snack food with, on a 30 gram basis, from about 10% to about 100% of the U.S. RDI of the vitamins A, D, E, K, C, thiamin,

riboflavin, niacin, vitamin B₆, folate, vitamin B₁₂, biotin, and pantothenic acid and from about 10% to about 100% of the U.S. RDI of the minerals calcium, phosphorus, magnesium, iron, zinc, iodine, selenium, copper, manganese, chromium, molybdenum, and chloride.

- 19.) The mix system of Claim 12 comprising a separately packaged shortening that comprises a material selected from the group consisting of non-digestible lipids, partially digestible lipids, and mixtures thereof; and said mix system having a ratio of separately packaged shortening to mix of less than about 0.34:1.
- 20.) The mix system of Claim 19 having a ratio of digestible fat to total non-digestible lipids, partially digestible lipids, and mixtures thereof; of no more than about 1:2.5.